



BURNING WHEEL YOGA

200-Hour Yoga Teacher Training Program

Fall 2026 Cohort

A MESSAGE FROM JORDAN LASHLEY

Most teacher trainings focus primarily on postures and sequencing.

At Burning Wheel, we view yoga as a **complete system** that includes the body, breath, mind, attention, ethics, and philosophy.

Whether your goal is to teach, deepen your personal practice, or explore yoga more seriously, this training provides the structure, guidance, and community needed to support meaningful growth.

This program is intentionally limited to 12 students to ensure a highly personalized learning experience.

IS THIS PROGRAM RIGHT FOR YOU?

This program is designed for:

- Dedicated practitioners seeking greater depth in their practice
- Students interested in becoming yoga teachers
- Individuals looking to strengthen their understanding of yoga philosophy
- Professionals seeking tools for managing stress, focus, and resilience
- Anyone interested in integrating the teachings of yoga into everyday life

You do not need to plan on teaching yoga to benefit from this program.

PROGRAM DETAILS AT A GLANCE

Location: Burning Wheel, 12 Washington St., Natick, MA

Dates: October 2026 – April 2027

Graduation: Upon successful completion of the program, graduates will receive a 200-Hour Yoga Teacher Training Certificate.

WHAT YOU WILL LEARN

01

Foundations of Teaching

- Intelligent sequencing
- Class structure and design
- Cueing and communication
- Assisting and observation
- Creating safe and effective classes

02

Anatomy & Movement

- Functional anatomy
- Alignment principles
- Injury prevention
- Breath mechanics
- Movement patterns

03

Yoga Philosophy

- The Yoga Sutras
- The Eight Limbs of Yoga
- Meditation and mindfulness
- Ethics and personal practice
- Practical application of yogic teachings

04

Personal Development

- Confidence and leadership
- Self-inquiry
- Habit development
- Nervous system regulation
- Cultivating a sustainable practice

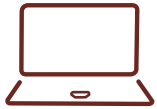
BURNING WHEEL YOGA

Fall 2026 Yoga Teacher Training Program



PROGRAM STRUCTURE

The Burning Wheel 200-Hour Yoga Teacher Training combines live instruction, immersive in-person training, independent study, and practical teaching experience to create a comprehensive learning experience.



Live, Educational Sessions (54 Hours)

Participate in live Zoom-based learning sessions covering yoga philosophy, anatomy, teaching methodology, sequencing, ethics, and the foundations of yoga as a complete system of practice.



In-Person Teaching Immersions (96 Hours)

Deepen your understanding through hands-on training weekends at Burning Wheel Yoga School. These immersions include asana practice, teaching labs, group discussion, mentorship, practice teaching, and experiential learning.



Self-Paced Reading & Study (45 Hours)

Complete assigned readings, reflections, and independent study between training sessions to support your learning and integration of the material.



Oral Presentation (2 Hours)

Prepare and deliver a 15-minute presentation on an assigned topic, demonstrating your understanding of key concepts and your ability to communicate them effectively.



Class Observations (8 Hours)

Observe experienced teachers both at Burning Wheel and at other studios to deepen your understanding of class structure, sequencing, cueing, student engagement, and the qualities that create an effective and authentic teaching presence.



Total Program Hours: 200+

Through this blend of study, practice, observation, and application, students develop the knowledge, confidence, and experience necessary to teach yoga skillfully—or simply deepen their personal practice and understanding of the tradition.



COMPLETE TEACHER TRAINING SCHEDULE

October 2026	
Thursday, 10/1	6 - 9 PM (Zoom)
Thursday, 10/8	6 - 9 PM (Zoom)
Thursday, 10/15	6 - 9 PM (Zoom)
Saturday, 10/24	11 AM - 7 PM (In Person)
Sunday, 10/25	11 AM - 7 PM (In Person)
Thursday, 10/29	6 - 9 PM (Zoom)

November 2026	
Thursday, 11/5	6 - 9 PM (Zoom)
Thursday, 11/12	6 - 9 PM (Zoom)
Saturday, 11/21	11 AM - 7 PM (In Person)
Sunday, 11/22	11 AM - 7 PM (In Person)

December 2026	
Thursday, 12/3	6 - 9 PM (Zoom)
Thursday, 12/10	6 - 9 PM (Zoom)
Saturday, 12/19	11 AM - 7 PM (In Person)
Sunday, 12/20	11 AM - 7 PM (In Person)

January 2027	
Thursday, 1/7	6 - 9 PM (Zoom)
Thursday, 1/14	6 - 9 PM (Zoom)
Thursday, 1/21	6 - 9 PM (Zoom)
Saturday, 1/30	11 AM - 7 PM (In Person)
Sunday, 1/31	11 AM - 7 PM (In Person)

February 2027	
Thursday, 2/4	6 - 9 PM (Zoom)
Thursday, 2/11	6 - 9 PM (Zoom)
Saturday, 2/27	11 AM - 7 PM (In Person)
Sunday, 2/28	11 AM - 7 PM (In Person)

March 2027	
Thursday, 3/4	6 - 9 PM (Zoom)
Thursday, 3/11	6 - 9 PM (Zoom)
Thursday, 3/18	6 - 9 PM (Zoom)
Saturday, 3/27	11 AM - 7 PM (In Person)
Sunday, 3/28	11 AM - 7 PM (In Person)

April 2027	
Sunday, 4/11	12 - 6 PM (In Person, Final Exams)





TUITION & PAYMENT TERMS

- The Early Bird Tuition rate is \$3,997 and must be paid in full by August 31, 2026.
- Beginning September 1, 2026, tuition increases to the regular rate of \$4,225 and must be paid in full by September 15, 2026.
- A non-refundable \$500 deposit is required upon acceptance into the program to reserve your space. This deposit will be applied toward your total tuition balance.
- Registration closes on September 15, 2026. All tuition balances must be paid in full by this date.
- Please Note: Admission to the program is selective and based on the application review process. Acceptance is required before any payment is collected.
- Enrollment is limited to 12 students to ensure a highly personalized learning environment and allow each participant to receive the guidance, attention, and support needed to get the most from the training experience.
- If accepted, a non-refundable \$500 deposit is required to secure your enrollment and will be applied toward your tuition balance. Should you withdraw from the program after acceptance, the deposit will be forfeited.

ENROLLMENT PROCESS

01

Fill Out The Application

- Share a bit about yourself and your intentions for joining the program.
- The application form can be [found here](#).

02

Submit an Audio Recording

Record yourself reading *Oh, the Places You'll Go!* by Dr. Seuss. This helps us get a feel for your presence, energy, and communication style. Either attach the recording to the application, or send it to: jordan@burningwheelyoga.com.

03

Payment

Pay the early-bird price in full before August 31, 2026, or submit a \$500 deposit by August 31, 2026, and pay the remaining tuition balance by September 15, 2026.